

How 100 women received sustainable menstrual health support in Kenya

SUSTAIN HER CYCLE PROGRAM

Menstrual cups as a climate smart solution to period poverty.

African Environmental Youth Advisory (AEYA)

Migration Youth and Children Platform (MYCP)





Sustain Her Cycle Summary



The Sustain Her Cycle program empowers women and girls to embrace period positivity through a climate-smart solution, menstrual cups.

65% of women and girls in Kenya face period poverty, which has resulted in girls skipping out on school or resorting to harmful practices to secure menstrual products.

Nyasaina, Grace, and Halima, pioneers of the Sustain Her Cycle Campaign, came together to change this narrative for our women. Through crowdfunding in July, we secured funding to support 120 young women in Northern Kenya who live in water-scarce regions and face intersecting challenges. We worked alongside three community colleges and intend to return within the next six months to support more girls and explore the usefulness of this product.

Building on this success, the team received an **Igniting Impact Grant from the Migration Youth and Children Platform (MYCP)** to extend the initiative to women refugees.

With the endorsement of the MYCP grant, The African Environmental Youth Advisory in partnership with the Mina Foundation, and Refugee Women in Nairobi are continuing to demystify menstruation and promote the Mina Menstrual Cup, with the goal of reaching another 100 women and reducing period poverty.



What is a menstrual cup ?



What is a Menstrual Cup?

A menstrual cup is a small, flexible, reusable feminine hygiene product used during menstruation.

- Most cups are made from 100% medical-grade silicone
- They are hypoallergenic and safe for internal use

Unlike tampons or pads, menstrual cups can be reused for 5-10 years.



What does Sustain Her Cycle Provide?

- Mentorship and peer support groups
- Training through workshops on menstrual products
- The Mina menstrual cup and an educational leaflet on how to use and take care of your menstrual cup.

The **Mina Menstrual Cup** is created by a South African foundation, that to address the issue of young menstruators having to miss school owing to their lack of access to menstrual products. Their mission is to Transform the lives of young girls and women through social development initiatives. And they are our partners for the Sustain Her Cycle Initiative.



Urban Refugees Phase I

July 23rd 2025

36 menstrual cups to women.

On 23rd July 2025, we hosted a workshop and gathered in Kawangware, Nairobi, Kenya. We met at the Dagoretti South Empowerment Centre for an intimate, honest, and powerful session with 18 urban refugee women. This **session was centered on menstrual health, dignity, environmental consciousness, and sisterhood.** Some ladies took a few cups for their daughters or granddaughters who were not in attendance.

Jane Nyambere and Lucy Juwa, the visionary founders of Refugee Women in Nairobi, made this gathering possible. Their dedication to the well-being and empowerment of refugee women is the very foundation on which this event stands.

The founders of Refugee Women in Nairobi created **a safe haven for refugee women in Nairobi.** They work with around 50 women, helping them gain economic skills, protecting them, raising awareness about gender-based violence, and also tackling the thematic areas of peacebuilding.



Urban Refugees Phase II

August 13th 2025

We worked with 11 women

On August 13th, we hosted a training session; our goal was to have 20 women join us, but only 11 showed up. We gave 15 cups.

We hosted our structured training workshop, allowing space for more intimate conversations. We had **a beautiful mix of women**: some were older, having experienced childbirth, while others were younger ladies still navigating the early stages of womanhood.

Regardless of age, one thing united them: they had all felt the burden of period poverty deeply and personally. Some bravely shared how they know of people who are forced to share washable pads with other women just to make it through their cycle. That's the reality many urban refugees in Nairobi live through, a quiet crisis hidden behind closed doors.

Many refugees without documentation are understandably hesitant to identify themselves due to concerns about their security. We are grateful for those who felt safe to come and share community with us and honor this opportunity to share our program with them.





Laikipia Phase III

January 9th 2026



We worked with 48 women

On January 9th, 2026, Grace Kiarie, team lead of Sustain Her Cycle, and her colleague Naanyu visited Naipereri Primary School. We hosted our structured training workshop, with 20 girls, 20 mothers, and 7 teachers.

What made this particular program unique was that Grace and Naanyu had been working with this school for a few years. They provide disposable menstrual pads to the girls and offer mentoring to help them stay in school, thereby fostering a long-standing relationship with the students and teachers.

It was a wholesome, inclusive and generational experience where they trained both mothers, teachers and students. Many of the girls felt motivated and excited about the opportunity for a menstrual cup because the pads provided by the school are usually rationed and sometimes they do not get enough or any. The progress of our program is intentional and delicately designed to uplift all women of all ages.





Thank you

To us, Sustain Her Cycle goes beyond being a menstrual health program. It is a growing circle of sisterhood, resilience, and progressive change amid intersecting challenges that women face.

Sincere thanks to the entire MYCP Team for trusting us and believing in this work.

Immense appreciation to the Mina Foundation & Gift of Givers for walking this journey with us.

And heartfelt gratitude to the refugee women in Nairobi and the Naipereri Primary School community, whose openness, strength, and welcoming spirit brought this project to life. 💙

Videos and photos on our website, social media and youtube channel
[@africanenvironmentalyouthadvisory](#)





Yvonne, Halima and Grace with our second group in Nairobi

Nyasaina with





Cheerful room of women attending the menstrual cup training with Yvonne translating in both English and Swahili



This is a yellow complimentary informational pamphlet that comes with the menstrual cups



AEYA team with the founders of the refugee women in Nairobi



Halima training the class on the value of menstrual health support





Naanyu training the students mothers in Maa - native maasai language



Grace Anaya training the students in Swahili - Kenya's national language



Student beneficiaries of the Sustain Her Cycle Program in Laikipia



THANK YOU FOR ALL YOUR SUPPORT

When women are seen, informed, and supported, communities begin to heal.

One small cup can create years of environmental progress and amplify period positivity

This is what sisterhood looks like: knowledge shared, solving problems and uplifting each other.



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